

ARWellness

Each year, millions of us make a decision to get in shape, stop smoking, or just take better care of ourselves. Unfortunately, many people fail to meet their goals, not from a lack of dedication but from a lack of education. We all know that getting in shape and eating better are the right things to do, but not everyone knows how to make those dreams become a reality. That is how ARWellness can help.

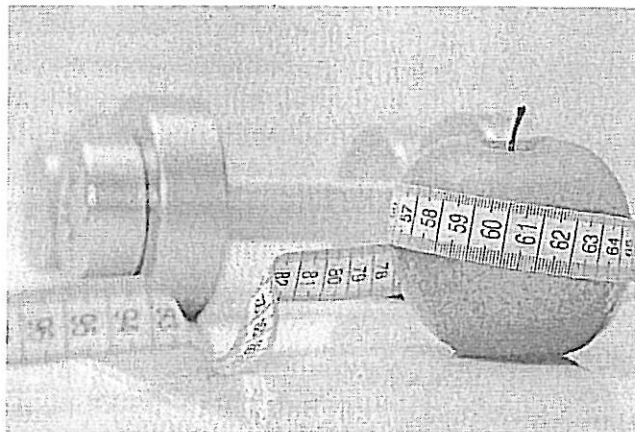
As a member of the ARHealth Plans, you are eligible to participate in the wellness initiative called ARWellness. As with all wellness programs, the goal of ARWellness is to provide our members with education and assistance to help them make better decisions about their personal well-being. ARWellness is actually a combination of 5 separate programs with different areas of focus. Coordinated through Corphealth; these 5 programs are Balance*, Nourish*, Breathe*, Relax*, and Care* For Your Back, and are the product of HealthMedia*, Corphealth's strategic partner.

Balance*

Overweight and obesity are major contributors to many preventable causes of death and disease. High blood pressure, high cholesterol, heart disease, and cancer are among the myriad of illnesses associated with higher body weights. Balance* is an ideal program for adults who want to lose weight, maintain a recent weight loss, or prevent the weight gain in patterns frequently found with aging.

Nourish*

Poor eating habits contribute to many diseases that face the nation today. Conditions such as diabetes, hypertension, high cholesterol, and heart disease can be linked to unhealthy eating habits. Nourish* gives adults the tools for making healthy eating choices so they can improve their health and well being.



Breathe*

Smoking is a major risk factor for a number of potentially fatal diseases. Heart disease, stroke, lung cancer, and chronic lung disease are just a few of the illnesses that can be attributed to tobacco use. In addition, smokers generally take more sick days, have lower productivity levels, and have higher medical costs than non-smokers. Breathe* is an ideal program for those members who want to live longer, healthier lives by kicking the habit for good.

Relax*

Stress is a common problem that affects your health and productivity. 43% of all adults suffer adverse health affects from stress. Over 50% of all lost workdays are due to stress; and 75-90% of all physician visits are stress related. Stress is associated with the six leading causes of premature death: heart disease, cancer, lung ailments, accidents, cirrhosis, and suicide.

Care* For Your Back

Changing behavior is the key to prevention and treatment of chronic conditions and back pain. If you have ever suffered from back pain or know someone who has, then you understand just how unpleasant it can be. You also know that living with chronic back pain can put a damper on work, exercise, family and social events.

For more information on the benefits and options under ARWellness or to sign up for these programs, visit www.corphealth.com/arwellness or call toll free at 1-866-378-1645.